



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Shredded Beef Grilled Quesadilla ♦

A delicious and savory quesadilla filled with shredded beef, melted cheese, and grilled to perfection. Perfect for a quick and satisfying meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 300 grams

Number of Servings: 4

Serving Size: 75 g

Ingredients

300 g	Shredded Beef
4 pieces	flour tortillas
200 g	Cheddar Cheese
50 g	onion
50 g	bell pepper
10 g	Jalapeno

1 tsp	salt
0.5 tsp	black pepper
2 tbsp	olive oil

Directions

Step 1

Sautéing

Heat olive oil in a pan and sauté onion, bell pepper, and jalapeno until softened.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Cooking

Add shredded beef to the pan and season with salt and black pepper. Cook for 5 minutes or until heated through.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Grilling

Place a tortilla on a hot grill or skillet. Sprinkle with cheese and top with the beef mixture. Cover with another tortilla.

Prep Time: 0 mins

Cook Time: 2 mins

Step 4

Grilling

Cook for 2 minutes on each side or until the cheese is melted and the tortillas are golden brown.

Prep Time: 0 mins

Cook Time: 4 mins

Step 5

Resting

Remove from heat and let cool for a few minutes before cutting into wedges. Serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 18 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	18 g	105.88%	105.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	8 mcg	333.33%	333.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	15 mg	136.36%	187.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Mexican Italian

Kitchen Tools

Slow Cooker Blender

Events

Picnic

Diet

Anti-Inflammatory Diet DASH Diet (Dietary Approaches to Stop Hypertension)
Volumetrics Diet Atkins Diet Vegetarian Diet

Course

Drinks Salads Snacks Sauces & Dressings

Cultural

Diwali

Cost

Under \$10

Demographics

Kids Friendly Allergy Friendly Diabetic Friendly Heart Healthy

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

Visit our website: healthdor.com